

# Take These Chains From My Heart

**COPPER** KNOB  
BY STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Kathy Kearey (AUS) - October 2021  
音乐: Take These Chains from My Heart - Lee Roy Parnell



**Start: After 32 count intro**

## VINE RIGHT WITH HITCH, STEP BACK HITCH x2

1-2            Step R to side, step L behind R  
3-4            Step R to side, lift L knee  
5-6            Step L back, lift R knee  
7-8            Step R back, lift L knee

## STEP TOE RECOVER HITCH, STEP LOCK STEP SCUFF

9-10          Step L forward, tap R toe behind L  
11-12        Recover onto R, lift L knee  
13-14        Step L forward, lock R behind L  
15-16        Step L forward, scuff R forward

## STEP ½ TURN STEP HOLD, STEP ¼ TURN CROSS HOLD

17-18        Step R forward, turn ½ to left  
19-20        Step R forward, hold  
21-22        Step L forward, turn ¼ to right  
23-24        Cross L over R, hold

## ¼ MONTEREY TURNS x2

25-26        Point R to side, turn ¼ to right bringing R in next to L  
27-28        Point L to side, step L next to R  
29-32        Repeat 25-28

**REPEAT**

**Last Update: 28 Sep 2023**

---